



**Weston Parks & Recreation Department**

**P.O. Box 1184, WESTON, CT 06883 Tel. 203-222-2655**

**LOCATION: 47 NORFIELD RD. (CORNER OF ROUTE 57 & NORFIELD RD.)**

[www.westonct.gov](http://www.westonct.gov) - Parks & Recreation

## ***WIS – RUNNING CLUB – GRADES 3 – 5***

This after school Trifitness running club gives younger athletes an entry into the popular, fun and healthy sport of running. Children will learn proper stretching, running, pacing and cool down techniques as they run and have fun. Questions contact Pascale at [info@trifitness.net](mailto:info@trifitness.net) or call 203-255-8892. Students will participate in a real road race with their new running buddy if they wish (and maybe their parents too)!

**DAY/DATES:** Wednesday, Sept. 10, 17, 24, Oct. 1, 8 & 15 (Rain dates 10/22 and /or 10/29)

**TIME:** 3:20 p.m. – 4:20 p.m. Bring running shoes and water bottle each week

**LOCATION:** All students meet in the cafeteria after school. Please pickup in front of the WIS main entrance.

**FEE:** \$120.00 for six weeks

**INSTRUCTOR(S):** Pascale Butcher, All-American Triathlete and owner of Trifitness of Fairfield

**REGISTRATION:** Online Registration: Begins on Wednesday, Sept. 3<sup>rd</sup> at 12:01 a.m. at [www.westonct.gov](http://www.westonct.gov). Walk in Registration: Begins on Thursday, Sept. 4<sup>th</sup> at 9:30 a.m. in the Recreation office. Payment made by credit card only online and check only to the Town of Weston in the Recreation office.

Early registration is encouraged and recommended. This program will fill up quickly. Prior to registration online make sure you have your Web Trac user I.D. and password setup. If you already have an account make sure your information has been updated (i.e. address, grade, age, etc.)